

Colchester Parks & Recreation



Optimizing the Experience of Living!

Save

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See page 1 for details

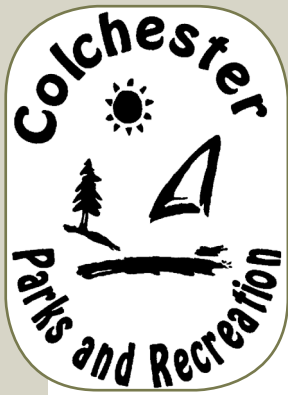


Winter/Spring 2013

January • February • March • April • May

Registration begins as soon as you receive this brochure!





General Information

TABLE OF CONTENTS

General Information	1
Welcome, A.C.E. & 250th Celebration	2
Special Events	3 - 4
BBFC & Younger Years	5
Younger Years	6 - 7
Youth Programs	8 - 11
Youth Lacrosse	12
Youth Lacrosse Registration Form	13
Vacation Days	14
Safety & Family Programs	15
Family Programs	16
All Ages	17
Adult Programs	18 - 23
Active Generation	24
Parks Map	25
Program Registration Form	26

PICTURE WAIVER

By participating in a Town of Colchester Recreation program, participants may be photographed for future publications or recognition of events. By signing up for a program you are willingly signing a waiver that grants the Colchester Recreation Department permission to use your photo to promote programs. Pictures taken may be used up to 10 years after the photo was taken. If you do not wish to have your picture taken please notify the staff prior to the activity.

SCHOLARSHIPS

A partial waiver of fee is available for those Colchester Residents who qualify. Scholarship Request Forms and further guidelines can be found online or at the Parks & Recreation Department. Forms must be submitted at least one week before the program begins.

SPECIAL NEEDS

We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

NON RESIDENTS

Non residents may register for any programs offered, on a space available basis, after January 11, 2013.

ONLINE REGISTRATION

Now you can register 24/7 online! Registration can be made as soon as you receive this brochure. For step by step directions log on to our Website.



EARLY REGISTRATION SPECIAL!

For Colchester Residents Only
Register by January 11th and Save \$\$\$\$

OFFICE INFORMATION

Location: 781 Blakely Road, Colchester, VT
Mailing Address: PO Box 55, Colchester
Telephone: 802-264-5640
Hotline Number: 802-264-5645
Fax Number: 802-264-5647
Website: www.colchestervt.gov
Office Hours: Mon - Fri, 8 a.m. - 4 p.m.

PARKS & RECREATION STAFF

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PARKS & RECREATION BOARD

Todd Perry, Chair	Owen Banks
Linda Lovell	Kevin Hatin
Stuart Marceau	Steve Morton
Dick Pecor	

METHODS OF PAYMENT

We accept VISA & MASTERCARD credit cards, checks and cash.

CANCELLATIONS & REFUNDS

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested refunds are only available up to 10 business days prior to the start of the program with a \$6.00 administrative fee.

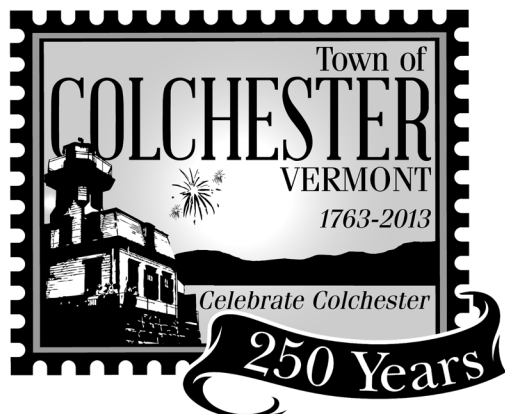
Scan this code
with your
Smartphone
to be brought
directly to our
website.



Welcome & A.C.E.



*Celebrate good times,
Come on!*



Join in as Colchester celebrates
its 250th Anniversary in 2013!



For the latest information on the year-long
celebration, upcoming events, history,
merchandise, how to donate and volunteer,
visit www.Colchester250.org

*Colchester was chartered on June 7, 1763.
Shortly thereafter Ira Allen became
its first town clerk.*

Directors Welcome

Winter is here! We are excited about all the new programs we are offering as well as the new brochure format. It is also important to know that this year is the 250th Anniversary of Colchester. There is a great group of Colchester residents working on bringing great events to our community. If you are interested in helping, you can check out their website at www.Colchester250.org

As I write this, it is the last week of our seasonal park staff working in the parks. These gentlemen continue to amaze me with their hard work and dedication to our community. I would like to personally thank Ted Ryan, Pete Cote, Larry Rooney, Lucas McLean, Gary Read, Paul Rodrigue, Patrick Morrissey, Craig Thompson and Vinny Hayes.

As you can see from the new layout of the program brochure and great programs being offered our programming staff has worked quite hard on providing our community with recreational opportunities. Special thanks for a job well done to Derek Mitchell, Jenn Turmel, Kelly McGinley and Mike LaPan. I would also like to thank all the ACE afterschool staff and Site Directors, Moira Plant, Kristin Roy and Emily Bond, who work every day providing recreation and enrichment activities to those students enrolled in the program.

As always we encourage you to contact us with questions and ideas for new programs. If you have a program that you would like to share we would love to hear from you. Remember that play keeps you young, so get out and play!

Yours in Recreation,
Glen Cuttitta, CPRP
Director
Colchester Parks and Recreation Department

A.C.E. Before & After School Program (Active, Creative, Enrichment)

A.C.E. Program Mission Statement

- * Provide children with an Active, Creative, Enriching after school experience
- * Provide staff who strive for excellence
- * Support parents by providing the best after school environment for their children



Before School Program - MBS Only

Our morning program begins at 7:00 a.m. and is structured to allow various drop off times. The children will play games, board games, arts & crafts & more. Before School Program still has availability.

After School Program - MBS, UMS & PPS

Our afternoon program will provide quality childcare that parents can rely upon throughout the school calendar year. Students will work on homework, play games, make arts & crafts, play outside, go on field trips and much more. A healthy snack & juice is provided for the children each day. After School Program is full at UMS & PPS, but we are taking a waitlist. MBS has limited availability.

You may enroll your child in the A.C.E. Program for 2, 3, 4 or 5 days a week. 1 day option is not available. For more information contact Jennifer Turmel, Program Coordinator at jturmel@colchestervt.gov

**ENROLLMENT FOR NEXT SCHOOL YEAR WILL BEGIN ON MARCH 25TH FOR THOSE NOT CURRENTLY IN THE PROGRAM
MORE INFORMATION WILL BE PROVIDED IN OUR SUMMER BROCHURE.**

Special Events



30th Annual Colchester Winter Carnival "African Safari"

February 1 & 2, 2013

Location: Colchester High School

2013 Schedule of Events

Friday, February 1, 2013

5:00 PM - 7:00 PM	Information Booth
5:30 PM - 6:30 PM	Face Painting
6:30 PM - 8:30 PM	COLCHESTER'S GOT TALENT COMMUNITY TALENT SHOW

Saturday, February 2, 2013

8:30 AM - 11:00 AM	Lion's Club Pancake Breakfast
9:30 AM - 3:30 PM	Information Booth
9:30 AM	Rotary Auction Preview
10:00 AM - 2:00 PM	Laser Tag
10:00 AM - 2:00 PM	Balloon Twisters
10:00 AM - 2:00 PM	Caricatures
10:00 AM - 2:00 PM	Henna Tattoos
10:00 AM - 2:30 PM	Inflatables
10:00 AM - 2:30 PM	Pony Rides
10:00 AM - 2:00 PM	Face Painting & Air Brush
10:00 AM - 2:30 PM	Hands-On Arts and Crafts
10:00 AM - 2:30 PM	Playdough Extravaganza
10:00 AM - 2:00 PM	Live Auction - Rotary Club
10:00 AM - 2:00 PM	Horse Drawn Hay Rides
11:00 AM - 1:00 PM	Dunk Tank
11:00 AM - 2:00 PM	Food Concessions
11:00 AM - 2:30 PM	Sugar on Snow & Maple Cotton Candy
1:30 PM - 2:30 PM	WORKSHOP: African Dancing
1:30 PM - 2:30 PM	WORKSHOP: African Percussion
2:45 PM - 3:30 PM	PERFORMANCE: Authentic African Percussion and Dance

A full listing of events will be available Mid-January.

*To have entry into this event you must purchase a
Winter Carnival Bracelet. Every person over the age of 2
must purchase a bracelet.*

They are \$5 prior to the event or \$6 at the event.

Are you interested in joining
The Colchester Winter Carnival Planning
Committee or want to volunteer the day of? If so,
email Jenn at jturmel@colchestervt.gov
to be added to the email list. Meetings are
scheduled to begin in October.

COLCHESTER'S GOT TALENT FRIDAY, FEBRUARY 1ST 6:30 PM



AUDITIONS: JANUARY 17 & 18

PRIZES:
1ST PLACE: \$200.00
2ND: \$100.00
3RD: \$50.00

For an application, rules or more
information log onto our
website or call Jenn at 264-5643.

Special Events



AIRPORT PARK: X-COUNTRY SKI TRAILS & OUTDOOR ICE RINK: JANUARY - MARCH (WEATHER DEPENDENT)



Hours of Operation:

Monday - Sunday: 8:00 a.m. - 9:00 p.m.

Lights will be on until closing time!

EASTER EGG HUNT Saturday, March 30, 2013 10:00 a.m. Bayside Park

Come join the Easter Bunny for a great egg hunt. Bring a bag or basket to put your eggs and goodies in. Please dress appropriately because you never know what Vermont's weather has in store for us.

Please park your vehicles at Colchester High School and enter the park by the softball field road off Laker Lane. Children will be separated by age groups to hunt for eggs in different areas of Bayside Park. Ages 4 & under will be at Lower Bayside Park. Ages 5 - 8 will be at Upper Bayside Park. Don't miss this great event!

Colchester Lions Club will be hosting a food drive for the Colchester Community Food Shelf at the Easter Egg hunt. We are requesting that all participants bring at least one non-perishable or canned item to the hunt.



Sponsored by the Colchester Lions Club and Colchester Parks & Recreation.
No Registration required.



6TH ANNUAL "TOUCH A TRUCK" Saturday, May 4, 2013 Colchester High School, Parking Lot

9:00 - 10:30 a.m. (Quiet time - no sirens)

10:30 - 11:00 a.m. (Sirens may be used)

Come out and see what it's like to be in the big trucks! Children (and parents) can climb, sit and play on tractors, police cars, dump trucks, fire trucks and a variety of other vehicles. Don't forget your cameras to capture the smile on your child's face as they sit on the large trucks! **FREE** Event, Rain or Shine.





BBFC & Younger Years

BUILDING BRIGHT FUTURES OF COLCHESTER

Building Bright Futures of Colchester (BBFC) is thrilled to announce the continuation of our grant from the Building Bright Futures of Chittenden County - Vermont Success by Six Initiative and Department of Human Services.

Vermont's Future Starts with Today's Children

RESOURCE FOR NEWBORN BABIES

BBFC no longer visits homes of newborn babies in Colchester. However, for a newborn resource packet free of charge, contact BBFC at buildingbrightfutures.org or 652-5138. Look in the summer brochure for our welcome baby ice cream social!

PLAYGROUP

Ages Birth - 6

A great opportunity for parents and their children to connect with other parents while children engage in a group experience. *Class will not meet on February 27, March 1, April 24 & 26.* Maximum: 70.

#290000A Wed & Fri 9:30 - 11:00 a.m. Jan. 2 - Jun. 14

FACILATATOR: Building Bright Futures of Colchester
LOCATION: Colchester Meeting House, Downstairs
FEE: FREE

OUTSMARTING THE PICKY EATER

Parents of Children Ages Birth - 4



This workshop will review the foundations of feeding skills of children ages birth to four. Learn tricks to stay ahead of your picky eater and how to encourage a broader diet. You will also learn ways to make mealtimes happier for everyone. There will be plenty of time for questions. The instructor is a Pediatric Occupational Therapist and is also a parent of 2 children, both healthy, but picky eaters. Minimum: 10, Maximum: 50.

#291000A Thursday 6:15 - 8:15 p.m. March 21

INSTRUCTOR: Rebecca Grimm
LOCATION: Colchester Meeting House, Upstairs
FEE: FREE

SCOTT NOYES: HELPING CHILDREN DEVELOP HEALTHY SLEEP PATTERNS



The results of children not getting enough sleep are astonishing. Sleep deprivation can have serious effects on physical health and mental impairments. Inadequate rest impairs our ability to think, handle stress, maintain a healthy immune system and moderate our emotions. The loss of one hour of sleep for a child each night is equivalent to two years of cognitive maturation and development. In addition, sleep-deprived people fail to recall pleasant memories yet recall gloomy memories just fine. This presentation will review the facts about the importance of sleep and how to help children establish and maintain healthy sleep habits. Minimum: 10, Maximum: 75.

#281004A Thursday 6:45 - 8:45 p.m. February 21

INSTRUCTOR: Scott Noyes
LOCATION: Colchester Meeting House, Upstairs
FEE: FREE

BABY MUSIC MAKERS

Ages 6 weeks - 12 months (Pre-walkers)

Enhance your baby's natural love of music and stimulate their social, verbal & physical development. This fun, interactive class features guitar sing-a-longs with instruments, baby sign language, knee bounces, baby dances, peek-a-boo songs, finger plays, lullabies, parachute activities and lots and LOTS of bubbles! Meet other parents and learn many "take-home" songs to deepen the bond with your baby. Classes are for babies and caregivers only. Ellie Tetrick has been an early childhood music educator for over twenty years. She has taught Gymboree, she is certified in Kindermusik, and holds a BA degree in Theatre. She plays several musical instruments, entertains locally with her business "Ellie's Preschool Parties" and currently teaches preschool music at the Heartworks/Renaissance Schools. *Class will not meet March 30, April 6 or May 25.* Minimum: 6, Maximum: 16.

Session A:

#290005A Saturdays 11:00 - 11:45 a.m. Jan. 12 - Feb. 16

Session B:

#290005B Saturdays 11:00 - 11:45 a.m. Mar. 9 - Apr. 27

Session C:

#290005C Saturdays 11:00 - 11:45 a.m. May 4 - Jun. 15

INSTRUCTOR: Ellen Tetrick
LOCATION: Colchester Meeting House, Upstairs
FEE: \$56 residents/\$61 non residents
\$51 residents if you register before January 11

REGISTER EARLY ...TO AVOID DISAPPOINTMENT

Nothing cancels a great program quicker than waiting until the last minute to register.

Younger Years



START SMART PROGRAMS

Ages 3 - 5

Start Smart Programs, created by the National Alliance for Youth Sports, help kids ages 3 - 5 get ready for sports...and succeed in life. It is an innovative step-by-step approach that builds confidence and self-esteem in a fun and safe sports environment. The program introduces children to sports in a fun non-competitive environment. This is an interactive program with children and their parents. PARENTS MUST PARTICIPATE. Please leave other siblings at home unless supervised by another parent. Minimum: 8, Maximum: 15 per session (Basketball Maximum: 12).

BASKETBALL

#288011A Tuesdays
6:15 - 7:00 p.m. Jan. 15 - Feb. 19

LOCATION: Malletts Bay School, Cafeteria
FEE: \$55 residents/\$60 non residents
\$50 residents if you register before January 11

SOCCER

#288010A Mondays
6:15 - 7:00 p.m. Mar. 11 - Apr. 15

LOCATION: Malletts Bay School, Gym
FEE: \$55 residents/\$60 non residents
\$50 residents if you register before January 11

SPORT DEVELOPMENT

#288013A Wednesdays
6:15 - 7:00 p.m. Mar. 6 - Apr. 10

LOCATION: Malletts Bay School, Gym
FEE: \$35 residents/\$40 non residents
\$30 residents if you register before January 11

TODDLER MUSIC MAKERS

Ages 1 - 3 (Steady Walkers)

Toddlers love to jump, march, stomp, clap and dance! While enhancing your child's physical, verbal and social development, this fun, interactive class features guitar sing-a-longs with instruments, rhythm activities, movement to music, finger plays, dancing with ribbons, knee bounces, parachute activities and lots and LOTS of bubbles! Classes are for toddlers and caregivers only. Class will not meet March 30, April 6 or May 25. Minimum: 6, Maximum: 16.

Little Music Makers

Session A1:

#290005A1 Saturdays 10:15 - 11:00 a.m. Jan. 12 - Feb. 16

Session B1:

#290005B1 Saturdays 10:15 - 11:00 a.m. Mar. 9 - Apr. 27

Session C1:

#290005C1 Saturdays 10:15 - 11:00 a.m. May 4 - Jun. 15

INSTRUCTOR: Ellen Tetrick

LOCATION: Colchester Meeting House, Upstairs

FEE: \$56 residents/\$61 non residents

\$51 residents if you register before January 11

Session A2:

#290005A2 Saturdays 9:30 - 10:15 a.m. Jan. 12 - Feb. 16

Session B2:

#290005B2 Saturdays 9:30 - 10:15 a.m. Mar. 9 - Apr. 27

Session C2:

#290005C2 Saturdays 9:30 - 10:15 a.m. May 4 - Jun. 15

INSTRUCTOR: Ellen Tetrick

LOCATION: Colchester Meeting House, Upstairs

FEE: \$56 residents/\$61 non residents

\$51 residents if you register before January 11

PRESCHOOL MUSIC MAKERS

Ages 3 - 5



Preschoolers have lots of creative ideas and love to share them! This active music and movement class takes your child to the next musical level by offering cooperative activities, echo songs, rhythm instruments, and imaginative movement opportunities. Other fun activities will include "hands-on" instrument demonstrations (trumpet, mandolin, etc.) dancing with ribbons, parachute games and LOTS of bubbles! Classes are for preschoolers and caregivers only. Class will not meet March 30, April 6 or May 25. Minimum: 6, Maximum: 12.

DANCE & GYMNASTICS

Ages 3 - 5



Different styles of dance are introduced including ballet and jazz. Creative movement evolves into the students own movement sequences. Gymnastic activities include instruction on the mat, balance beam and bar, with gradually increasing the degree of difficulty as the student progresses. Attire and hair: Girls need leotard, footless tights, hair pulled away from the face (no buns or ponytails). Boys need shirt and gym shorts with bare feet. Minimum: 4, Maximum: 12.

#288004A Wednesdays 9:30 - 10:15 a.m. Jan. 16 - Feb. 20

INSTRUCTOR: Jeanne Neu

LOCATION: Movement Center, 47 Commerce Street

FEE: \$70 residents/\$75 non residents

\$65 residents if you register before January 11





Y ounger Y ears

PRESCHOOL ART ADVENTURES

Ages 2 - 4

This 6 week session will tap into your child's creativity and allow them to explore the world of art through activities using paper, paint,

markers, crayons, glue, clay and so many more art items! Your child will develop basic art skills through this program. Please dress accordingly because they will get messy!

Minimum: 5, Maximum: 8.

#290012A Mondays 10:00 - 10:45 a.m. Jan. 14 - Feb. 18

INSTRUCTOR: Emily Bond, Colchester Recreation Staff

LOCATION: Colchester Meeting House, Downstairs

FEE: \$60 residents/\$65 non residents

\$55 residents if you register before January 11

PRESCHOOL & KINDERGARTEN YOGA - 6 CLASS PUNCH PASS

Ages 3 - 5



Preschool & Kindergarten yoga is a program designed to be fun! Children will explore moving their body and connecting their breathing. They will have the opportunity to roar like a lion and stand as tall as a tree. This course combines games, relaxation, breathing, animal poses and expressive movement. Caregivers do not need to be present throughout the session. You may attend any class between January 23 - May 29 to total your 6 class pass. Additional passes may be purchased. *Necessary equipment will be provided.* Minimum: 4, Maximum: 12.

#280007A Wednesdays 1:00 - 2:00 p.m. Jan. 23 - May 29

INSTRUCTOR: Kris Joppe-Mercure, PT

LOCATION: Kids' RehabGYM, 905 Roosevelt Highway

FEE: \$54 residents/\$59 non residents per 6 Classes

\$49 residents if you register before January 11

OLD FASHION EGG BLOWING & DECORATING

Ages 2 - 4



The ancient Ukrainian form of decorating eggs, pysanky, starts with a blown egg — that is, an egg shell with all the gooeey insides removed. Although you may never aspire to spend time decorating eggs as an art form, blown eggs are good at helping you preserve any hard work your child creates for Easter. Start them off early and perhaps you'll want to do just a few so that you can create keepsake ornaments. Minimum: 5, Maximum: 8.

#290017A Tuesday 9:30 - 11:00 a.m. March 26

INSTRUCTOR: Emily Bond, Colchester Recreation Staff

LOCATION: Colchester Meeting House, Downstairs

FEE: \$20 residents/\$25 non residents

\$15 residents if you register before January 11

TINY TUMBLERS

Ages 3 - 5

Tiny Tumblers is a fun and positive introduction to the sport of gymnastics and concept of physical fitness. This 6 week program will help your child develop confidence and build strength, balance and awareness. Your child will make new friends while enjoying gymnastics. Tiny Tumblers gymnastic activities develop large and small motor skills. Activities are fun-filled as experienced staff direct the little ones toward strength, flexibility and social development. **PARENTS MUST PARTICIPATE.** Minimum: 5, Maximum: 8.

Session A:

#288005A Thursdays 10:00 - 10:45 a.m. Jan. 17 - Feb. 21

Session B:

#288005B Tuesdays 10:00 - 10:45 a.m. Mar. 12 - Apr. 16

INSTRUCTOR: Karen Krajacic, Gymnastic Instructor

LOCATION: Colchester Meeting House, Upstairs

FEE: \$55 residents/\$60 non residents

\$50 residents if you register before January 11

TOES, TAPS & TUTU'S

Ages 5 - 7

This is a great class that incorporates several genres of dance. Class will consist of warm up and stretching, technique in ballet, jazz and tap. The dancers will learn one and/or two dance routines. This is a fun intro to dance for your child, rounding out several areas. Perfect for boys or girls! We also have some more fun with games and crafts on an occasion! Black tap shoes are needed. Pink or Black ballet slippers are needed. Attire is dance wear. No jeans. Sweatpants are ok. *Class will not meet on April 6.* Minimum: 4, Maximum: 10.

#281000A Saturdays 9:15 - 10:00 a.m. Jan. 19 - Apr. 13

INSTRUCTOR: Studio 3 Dance & Fitness Instructor

LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza

FEE: \$140 residents/\$145 non residents

\$135 residents if you register before January 11

VALENTINE'S DAY COOKIE DECORATING

Ages 2 - 4



Cookies are America's #1 baked treat—and Colchester Parks & Recreation gives you more reasons to love them! This class is for the sweet tooth or the sweetheart child that wants to make you a valentine. Your child will have a blast decorating their very own valentine cookies to bring home for the holiday! Make sure to dress them in not so great clothing because they will get messy! Minimum: 5, Maximum: 8.

#290016A Tuesday 9:30 - 11:00 a.m. February 12

INSTRUCTOR: Emily Bond, Colchester Recreation Staff

LOCATION: Colchester Meeting House, Downstairs

FEE: \$20 residents/\$25 non residents

\$15 residents if you register before January 11

Youth Programs

ZUMBATOMIC FOR TWEENS AFTER SCHOOL

Ages 8 - 12

Zumbatomic® Classes -Designed exclusively for kids (ages 8-12), Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines. Parents love the Zumbatomic program because of the effects it has on kids, increasing their focus, self-confidence, boosting metabolism and enhancing coordination. This class is open to all levels and requires no prior dance experience.

Minimum: 10, Maximum: 20.

#280033A Tuesdays 4:00 - 5:00 p.m. Jan. 22 - Feb. 12

INSTRUCTOR: Lily Thomas & Shanna Benson
LOCATION: Colchester Health & Fitness, Prim Road
FEE: \$50 residents/\$55 non residents
\$45 residents if you register before January 11

BEGINNER & INTERMEDIATE HIP HOP

Ages 7 - 11 & 9 - 14

Beginner/Intermediate Hip Hop: Learn all the coolest & latest hip hop moves! This fun, fast paced class, is super for the newer student or one with some prior dance experience.

Intermediate Hip Hop: Learn more challenging hip hop moves! If you've done hip hop or have prior dance experience, this class will be a great next step! If you're new, no worries! We will teach you the moves so you will pick them up fast!

Class will start with a cardio warm up, technique, the coolest moves will be taught and a full hip hop routine will be learned! Bring water, comfy clothes, no jeans, clean sneakers and lots of energy! *Class will not meet on April 6.* Maximum: 20.

Session A: Beginner/Intermediate Hip Hop (Ages 7 - 11)

#271002A Saturdays 9:15 - 10:00 a.m. Jan. 19 - Apr. 13

Session B: Intermediate Hip Hop (Ages 9 - 14)

#271002B Wednesdays 7:20 - 8:10 p.m. Jan. 23 - Apr. 10

INSTRUCTOR: Studio 3 Dance & Fitness Instructor
LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza
FEE: \$140 residents/\$145 non residents
\$135 residents if you register before January 11

BEGINNING ICE SKATING

Ages 5 - 12

Ice skating is great fun and good exercise! This class is designed for beginners who have never skated before or beginners who want to improve their skills. Basic skating skills will be taught each night along with an open skate (instructor's discretion). Helmets & skates are not included. Skates are available to rent at the rink for \$3.00 each night. Minimum: 8, Maximum: 12.

#210003A Sundays 3:15 - 4:15 p.m. Mar. 3 - 24

INSTRUCTOR: Arena Pros
LOCATION: Leddy Park Ice Rink, North Ave. Burlington
FEE: \$70 residents/\$75 non residents
\$65 residents if you register before January 11

AFTER SCHOOL TENNIS

Grades 3 - 5

This program will focus on the fundamentals of tennis. Our staff will teach the correct form, strokes and rules through a variety of drills and games. Racquets will be provided. *Class will not meet on February 25 or March 4.* Minimum: 4, Maximum: 8.

#203000A Mondays 3:10 - 4:15 p.m. Jan. 28 - Mar. 18

INSTRUCTOR: Riley Kruger, CHS Varsity Tennis Player
LOCATION: Malletts Bay School, Gym
FEE: \$30 residents/\$35 non residents
\$25 residents if you register before January 11

JUNIOR JAZZERCISE

Ages 5 - 11

The strong exercise habits kids develop now can go a long way in shaping their future. That's why Junior Jazzercise teaches things like coordination, strength and endurance, nutrition and the importance of physical fitness. Kids experience the joy of physical movement as they dance their way through specially choreographed age-appropriate routines. Minimum: 8, Maximum: 12.

Session A: Malletts Bay School (Grades 3 - 5)

#280001A Wednesdays 3:05 - 3:55 p.m. Jan. 30 - Feb. 20

LOCATION: MBS, Gym

Session B: Union Memorial School (Grades K - 2)

#280001B Wednesdays 3:00 - 3:50 p.m. Mar. 6 - 27

LOCATION: UMS, Room TBA

Session C: Porters Point School (Grades K - 2)

#280001C Mondays 2:50 - 3:40 p.m. Apr. 29 - May 20

LOCATION: PPS, Art Room

INSTRUCTOR: Certified Jazzercise Instructor
FEE: \$58 residents/\$63 non residents
\$53 residents if you register before January 11

KID-JITSU!

Ages 7 - 11

Kid-Jitsu is a safe and effective form of self defense for children, as well as an exciting competitive sport for those interested. An age-appropriate, scaled down version of Brazilian Jui-Jitsu, this class differs from other martial arts in that there are no kicks, punches or strikes of any kind. Instead, participants learn to defend and control an approach using techniques and leverage. It's a great outlet for an active child and also a great way to build physical confidence in any child. Uniforms will be provided. Minimum: 1, Maximum: 6.

#210006A Mondays 4:30 - 5:45 p.m. Mar. 11 - Apr. 15

INSTRUCTOR: Martial Way Self-Defense Instructor
LOCATION: Martial Way, 73 Prim Road
FEE: \$80 residents/\$85 non residents
\$75 residents if you register before January 11





Youth Programs

GIRLS GYMNASTICS

Grades 3 - 5

This class will focus on beginner and intermediate skills. The elements of gymnastics that will be included are balance beams, vault and floor exercise. No experience is necessary and each child will be coached at their level and encouraged to achieve their personal best. Activities are fun-filled as experienced personnel direct them toward strength and flexibility. *Class will not meet on January 21.* Minimum: 6, Maximum: 10.

Session A:

#281002A Mondays 3:10 - 4:30 p.m. Jan. 7 - Feb. 18

Session B:

#281002B Fridays 3:10 - 4:30 p.m. Mar. 15 - Apr. 19

INSTRUCTOR: Karen Krajacic, Gymnastic Instructor

LOCATION: Malletts Bay School, Gym

FEE: \$65 residents/\$70 non residents
\$60 residents if you register before January 11

GIRLS MOUNTAIN BIKING

Ages 9 - 12 & 10 - 14

Beginners: Do you like riding your mountain bike and are ready to start going off road, but not sure how or with who? This club is geared toward beginner riders and will provide a structured program that will work on the necessary skills to become a successful mountain biker. Girls will learn basic shifting, gearing, breaking, body positioning on the bike and trail riding. Meeting location will change weekly. A detailed schedule will be distributed at the first meeting. All participants must have their own mountain bike with gears and a helmet.

Intermediates: Explore the trails of Colchester and learn new skills, including bike maintenance, technical skills, safety, first aid, fitness and nutrition. This class is not for novice bikers. Meeting location will change weekly. A detailed schedule will be distributed at the first meeting. All participants must have their own mountain bike with gears and a helmet. *Class will not meet on May 25.* Minimum: 4, Maximum: 8.

Session A: Beginners Ages 9 - 12

#288007A Saturdays 9:00 - 10:30 a.m. May 11 - Jun. 8

Session B: Intermediates Ages 10 - 14

#288007B Saturdays 10:45 a.m. - 12:15 p.m. May 11 - Jun. 8

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Colchester Senior Center (First Meeting)

FEE: \$45 residents/\$50 non residents
\$40 residents if you register before January 11

THINKSAFE

Ages 4+

Children will learn about common lures used by predators and ways to deter them. Participants will practice hands-on abduction prevention techniques, verbal deterrence and safety strategies. Minimum: 1, Maximum: 6.

Session A: Ages 4 - 7

#210007A Saturday 9:00 - 9:45 a.m. March 16

Session B: Ages 8+

#210007B Saturday 10:00 - 10:45 a.m. March 16

INSTRUCTOR: Martial Way Self-Defense Instructor

LOCATION: Martial Way, 73 Prim Road

FEE: \$14 residents/\$19 non residents
\$9 residents if you register before January 11

BEGINNING FRENCH LEVELS 1 & 2

Grades 3 - 5

LES AMIS LEVEL 1: "Friends Level 1": Immersion-style instruction presents authentic French in a fun environment using movement, games, songs, art projects and stories encouraging natural language acquisition.

LES AMIS LEVEL 2: "Friends Level 2": A continuation of Les Amis Level 1, where students will learn more vocabulary, useful French expressions, how to tell time, talk about the seasons and more in a fun and engaging environment. *Class will not meet on February 26, March 5 or April 23.* Minimum: 8, Maximum: 10.

Session A: LES AMIS LEVEL 1

#260004A Tuesdays 3:10 - 4:00 p.m. Jan. 29 - Mar. 19

Session B: LES AMIS LEVEL 2

#260004B Tuesdays 3:10 - 4:00 p.m. Apr. 2 - May 14

INSTRUCTOR: Yves Compire

LOCATION: Malletts Bay School, Room TBD

FEE: \$65 residents/\$70 non residents
\$60 residents if you register before January 11

INTRODUCTION TO VIDEO JOURNALISM

Grades 3 - 5

Looking to experience the world of video production? During this 6 week program, participants will learn camera and editing basics through a number of fun exercises which will air as a final program on Lake Champlain Access Television. Classes will be held in MBS and in Lake Champlain Access Television's unique Mobile Video Lab, a rolling digital work center, which LCATV Staff will bring to the school. *Class will not meet on April 23.* Minimum: 4, Maximum: 10.

#281005B Tuesdays 3:10 - 4:15 p.m. Apr. 2 - May 14

INSTRUCTOR: Lake Champlain Access Television Staff

LOCATION: Malletts Bay School, Room 194

FEE: \$37 residents/\$42 non residents
\$32 residents if you register before January 11

REGISTER EARLY ...TO AVOID DISAPPOINTMENT

Nothing cancels a great program quicker than waiting until the last minute to register.

Youth Programs



BANANAS ABOUT BOOKS

Grades 4 - 5



Enter the magical world of reading where we will create crafts, write alternative endings, enjoy luscious literacy snacks and become lost in another place only books can take us! Bananas About Books is an after school book club that will let your child fall in love with reading. Books will be provided. Snacks will be provided only on predetermined dates in which you will be notified after registering. Kids can bring their own snack if they would like. Minimum: 7, Maximum: 10.

Session A: Grade 4

#280100A Fridays 3:05 - 4:30 p.m. Jan. 18 - Feb. 22

Session B: Grade 5

#280100B Fridays 3:05 - 4:30 p.m. Mar. 8 - Apr. 12

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Malletts Bay School, Library

FEE: \$50 residents/\$55 non residents

\$45 residents if you register before January 11

JUNIOR KEMPO

Ages 7 - 13

This beginners' class introduces kids to the skills, action and philosophy of the traditional martial arts. Martial arts is great exercise, promotes discipline and respect, builds confidence and teaches children to set goals and work hard to achieve them. Our approach is one of patience, encouragement and motivation for all members. Perfect for children who have shied away from traditional team sports. Uniforms will be provided. Minimum: 2, Maximum: 6.

Session B:

#210006B Tuesdays 5:15 - 6:00 p.m. Mar. 12 - Apr. 16

Session C:

#210006C Thursdays 4:45 - 5:30 p.m. Mar. 14 - Apr. 18

INSTRUCTOR: Martial Way Self-Defense Instructor

LOCATION: Martial Way, 73 Prim Road

FEE: \$80 residents/\$85 non residents

\$75 residents if you register before January 11

YOUTH KNITTING

Grades 3 - 5

Learn to knit or improve your skills if you already know how. Enjoy the fun of knitting with others and make a project of your choice. All materials will be provided. Class will not meet on Feb. 21.

Minimum: 4, Maximum: 8.

Session A:

#280020A Thursdays 3:10 - 4:30 p.m. Feb. 14 - Mar. 28

Session B:

#280020B Thursdays 3:10 - 4:30 p.m. May 2 - Jun. 6

INSTRUCTOR: Christine Heavner, The Traveling Knitter

LOCATION: Malletts Bay School, Art Room

FEE: \$80 residents/\$85 non residents

\$75 residents if you register before January 11

EGG TREE

Grades K - 5



Children will have the enjoyment of making a colorful egg tree by decorating their own eggs to hang on their very own tree! Minimum: 6, Maximum: 10.

Session A: Malletts Bay School: Grades 3 - 5

#280013A Tuesday 3:10 - 4:45 p.m. March 12

Location: Malletts Bay School, Art Room

Session B: Union Memorial School: Grades K - 2

#280013B Tuesday 3:05 - 4:45 p.m. March 19

Location: Union Memorial School, Art Room

Session C: Porters Point School: Grades K - 2

#280013C Tuesday 2:50 - 4:30 p.m. March 26

Location: Porters Point School, Art Room

INSTRUCTOR: Cal King

FEE: \$30 residents/\$35 non residents

\$25 residents if you register before January 11

LEARN TO CROCHET WITH COLCHESTER PARKS & RECREATION

CROCHET KIDS!

Grades 6 - 8



This beginning class will teach students the basics of crochet while learning to make their very own slipper socks! All materials will be provided. Minimum: 2, Maximum: 5.

#280120A Tuesdays 2:15 - 3:15 p.m. Feb. 5 - 19

INSTRUCTOR: Kelly McGinley, Colchester Parks & Recreation

LOCATION: Colchester Middle School, Room 178

FEE: \$35 residents/\$40 non residents

\$30 residents if you register before January 11

BEGINNING KIDS CROCHET!

Grades 3 - 5



Learn simple crochet techniques and how to make your very own scarf! This class is fun and you will learn an art you can do forever! All materials will be provided. Minimum: 2, Maximum: 5.

#280120B Tuesdays 3:10 - 4:15 p.m. Mar. 12 - 26

INSTRUCTOR: Kelly McGinley, Colchester Parks & Recreation

LOCATION: Malletts Bay School, Room 197

FEE: \$35 residents/\$40 non residents

\$30 residents if you register before January 11

ADULTS DON'T THINK WE LEFT YOU OUT! ADULT CROCHET CAN BE FOUND ON PAGE 23



Youth Programs

WINTER DRAWING WITH YOUNG REMBRANDTS

Grades K - 2 & 3 - 5

Make this a memorable winter by signing up your elementary child in a Young Rembrandts drawing class.

Your child will learn basic design and composition as they draw a still life of a boot and a detailed armadillo. More refined and technical drawing techniques will be explored as our students draw Henry Ford's historic Model-T automobile. Besides strengthening your child's drawing and coloring skills, he or she will learn art history as we present lessons featuring master artists Leonardo Da Vinci and Franz Marc. Enroll your child today! *Class will not meet on January 21.* Minimum: 3, Maximum: 15.

Session A: Malletts Bay School (Grades 3 - 5)

#287005A Wednesdays 3:10 - 4:15 p.m. Jan. 16 - Feb. 20

Location: Malletts Bay School, Art Room

Session B: Union Memorial School (Grades K - 2)

#287005B Tuesdays 3:05 - 4:15 p.m. Jan. 15 - Feb. 19

Location: Union Memorial School, Art Room

Session C: Porters Point School (Grades K - 2)

#287005C Mondays 2:50 - 4:00 p.m. Jan. 7 - Feb. 18

Location: Porters Point School, Room TBA

INSTRUCTOR: Young Rembrandts Staff

FEE: \$65 residents/\$70 non residents

\$60 residents if you register before January 11

SPRING CARTOON DRAWING WITH YOUNG REMBRANDTS

Grades K - 2 & 3 - 5

Encourage your child's enthusiasm for art and help develop his or her drawing skills with a Young Rembrandts drawing class. Your child will learn about exaggeration and how to draw facial expressions in our lessons. Our students will learn how to create cartoon characters by personifying animals and learning to tell a story through a series of drawings will be the focus in our illustrations. Encourage your child's creativity. Enroll today!

Minimum: 3, Maximum: 15.

Session A: Malletts Bay School (Grades 3 - 5)

#287006A Wednesdays 3:10 - 4:15 p.m. Mar. 13 - Apr. 17

Location: Malletts Bay School, Art Room

Session B: Union Memorial School (Grades K - 2)

#287006B Tuesdays 3:05 - 4:15 p.m. Mar. 12 - Apr. 16

Location: Union Memorial School, Art Room

Session C: Porters Point School (Grades K - 2)

#287006C Mondays 2:50 - 4:00 p.m. Mar. 11 - Apr. 15

Location: Porters Point School, Room TBA

INSTRUCTOR: Young Rembrandts Staff

FEE: \$65 residents/\$70 non residents

\$60 residents if you register before January 11

LITTLE LEGO LUNACY!

Grades K - 2

Rawrrr! Take a step back in time when dinosaurs roamed the earth and make your own prehistoric creation come to life with the Dino Ocean Inceptor! There will be plastic bags available if you do not complete the project by the end of the day.

This lego kit is yours to keep! Must register by February 14. Minimum: 6, Maximum: 12.



Session A: UMS: DINO OCEAN INTERCEPTOR!

#280000A Thursday 3:05 - 4:55 p.m. March 14

Location: Union Memorial School, Art Room

Session B: PPS: DINO OCEAN INTERCEPTOR!

#280000B Thursday 2:50 - 4:40 p.m. March 21

Location: Porters Point School, Room TBA

INSTRUCTOR: Colchester Parks & Recreation Staff

FEE: \$55 residents/\$60 non residents

\$50 residents if you register before January 11

LEGO LUNACY!

Grades 3 - 5

"With great power comes great responsibility!" You have the power to build Spiderman's Doc Ock Ambush, but can you handle the responsibility?! There will be plastic bags available if you do not complete the project by the end of the day. This lego kit is yours to keep! Must register by February 14. Minimum: 6, Maximum: 12.



#280000C Thursday 3:05 - 5:00 p.m. March 21

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Malletts Bay School, Library

FEE: \$55 residents/\$60 non residents

\$50 residents if you register before January 11

REGISTER EARLY
...TO AVOID DISAPPOINTMENT

Nothing cancels a great program
quicker than waiting until the
last minute to register.

Youth Lacrosse



2013 Youth Lacrosse Season: March 25th - June 15th

Registration is OPEN!

Fee: \$75 per player

U11 Coed Team: Practices twice a week, Times TBD

Players need to be under 11 as of Dec 31st prior to season, & not in 5th grade.

Games held on Saturdays beginning in May, travel is necessary, 2 - 4 week day games will also be scheduled

U13 Boys Team: Practices twice a week, Times TBD

Players need to be under 13 as of Dec 31st prior to season, & not in 7th grade.

Games held on Saturdays beginning in May, travel is necessary, 2 - 4 week day games will also be scheduled

U13 Girls Team: Practices twice a week, Times TBD

Players need to be under 13 as of Dec 31st prior to season, & not in 7th grade.

Games held on Sundays beginning in May, travel is necessary, 1 - 3 week day games will also be scheduled

U15 Boys Team: Practices twice a week, Times TBD

Players need to be under 15 as of Dec 31st prior to season, & not in 9th grade.

Games held on Saturdays beginning in May, travel is necessary, 2 - 4 week day games will also be scheduled

U15 Girls Team: Practices twice a week: Times TBD

Players need to be under 15 as of Dec 31st prior to season, & not in 9th grade.

Games held on Sundays beginning in May, travel is necessary, 1 - 3 week day games will also be scheduled

Players are required to provide their own equipment which includes a stick and protective gear (helmets, gloves, arm pads and shoulder pads). CYL has some loaner helmets that will be available on a first-come first-serve basis. Colchester Youth Lacrosse will be distributing helmets on **Wednesday, March 20th, 2013 at 6:30 p.m.** for those who need one. Also, used lacrosse equipment will be sold off with proceeds going back into the CYL program, that evening.

US LACROSSE MEMBERSHIP - REQUIRED: NEW THIS YEAR



Parents must register their child for a US Lacrosse membership or you child CANNOT PLAY! Please log onto www.uslacrosse.org and click on 'membership' in the top left hand corner to register your child. You must then show us proof of membership by submitting a copy of your child's membership card with your registration form to the Parks & Recreation Department.

U13 & U15 Girls Lacrosse

Through a US Lacrosse Grant we provide 24 sticks, 24 eye masks and goalie equipment. This would be a great opportunity for your daughter to try a new sport without making that initial equipment investment. Equipment is first-come, first-serve.

The lacrosse program continues to grow and the need for volunteers grows along with it. If you are interested in volunteering, please email Kelly McGinley at kmcginley@colchestervt.gov

LACROSSE LAUNCH

Grades K - 2

Want to experience the game of lacrosse? Then join us for this introductory lacrosse program! Kids will work alongside our coaches while learning the fundamentals of lacrosse. Players will be taught many elements of the game including how to grip a lacrosse stick and how to pass and shoot a lacrosse ball. Soft lacrosse balls will be used, no equipment necessary, just a lacrosse stick. Loaner sticks available with advance notice. All players receive a Colchester Lacrosse Tee! *Class will not meet on May 25th.* Minimum: 10, Maximum: 30.

#500000A Saturdays 8:30 - 9:30 a.m. May 4 - Jun. 15

COACHES: Jim Boyd & Jason Kehaya
LOCATION: Bayside Park, Lacrosse Field

FEE: \$30 residents/\$35 non residents
\$25 residents if you register before January 11

Youth Lacrosse Registration



Registration Deadline: March 15, 2013

Participant Information: (one form per player)

Player Name: _____ Date of Birth: ____/____/____ Age: _____ Grade: _____ Gender: M F
Address: _____ City: _____ State: _____ Zip: _____
Parents Name: _____ Day Phone: _____ Cell Phone: _____
E-Mail Address: _____ Work Phone: _____
Emergency Contact #1: _____ Phone: _____ Cell Phone: _____
Emergency Contact #2: _____ Phone: _____ Cell Phone: _____
Allergies: _____ Medications: _____
Insurance Carrier: _____ Insurance Number: _____
Family Doctor: _____ Phone: _____
Family Dentist: _____ Phone: _____

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT

I hereby release and discharge Colchester Parks & Recreation, its agents, employees, staff members, directors, and officers from any claims, responsibilities or liabilities for injuries or harm incurred as a result of my participation and/or my child's participation as a player or spectator in lacrosse games and practices through Colchester Parks & Recreation.

Signature of Parent or Legal Guardian: _____ Date: _____

PERMISSION TO TRANSPORT

I give Colchester Parks & Recreation & the Colchester Youth Lacrosse programs permission to have my child transported to Fletcher Allen Health Care for emergency medical care. I give permission to transport my child by ambulance with an Colchester Parks & Recreation staff member or volunteer coach to the hospital.

Signature of Parent or Legal Guardian: _____ Date: _____

Player Fees:

U11 COED: \$75.00 Under 11 as of 12/31/12 and not in 5th grade

U13 BOYS: \$75.00 Under 13 as of 12/31/12 and not in 7th grade

U13 GIRLS: \$75.00 Under 13 as of 12/31/12 and not in 7th grade

U15 BOYS: \$75.00 Under 15 as of 12/31/12 and not in 9th grade

U15 GIRLS: \$75.00 Under 15 as of 12/31/12 and not in 9th grade

All players must provide US Lacrosse Membership Number

Class Codes: (circle appropriate division)

U11 Coed: 500000B

U13 Boys: 500000C

U13 Girls: 500000C1

U15 Boys: 500000D

U15 Girls: 500000E

US LACROSSE #: _____

Payment Information:

Check #: _____ Cash: _____

Cash or Check Amount: _____

Check Policy: \$25.00 service fee for all returned checks

All checks should be made out & mailed to :

Colchester Parks & Recreation,
P.O. Box 55, Colchester, VT 05446.

For more information call Colchester Parks & Recreation: 802-264-5646.

Please Circle Card Type: Visa MC

Name on Card: _____

Credit Card #: _____

Expiration Date: _____

Total Amount to Charge: \$ _____

Signature of Cardholder: _____

Vacation Days

FEBRUARY & APRIL VACATION CAMP

Grades K - 6



Enjoy a week of fun with your friends and the Colchester Parks & Recreation Department A.C.E. Staff. We will be offering a camp for the whole week of February & April vacations. There will be games, activities, crafts, movies, a field trip and much more. Participants need to bring a lunch and snack for each day.

Minimum: 25, Maximum: 75.

Session A: February Vacation

#280016A	Mon - Fri	8:00 a.m. - 4:00 p.m.	Feb. 25 - Mar. 1
#280016A1	Early Drop Off	7:30 a.m.	\$9
#280016A2	Late Pick Up	4:30 p.m.	\$9
#280016A3	Late Pick Up	5:00 p.m.	\$12
#280016A4	Late Pick Up	5:30 p.m.	\$15

Session B: April Vacation

#280016B	Mon - Fri	8:00 a.m. - 4:00 p.m.	Apr. 22 - 26
#280016B1	Early Drop Off	7:30 a.m.	\$9
#280016B2	Late Pick Up	4:30 p.m.	\$9
#280016B3	Late Pick Up	5:00 p.m.	\$12
#280016B4	Late Pick Up	5:30 p.m.	\$15

FEE FOR BOTH SESSIONS (MUST REGISTER FOR BOTH AT THE SAME TIME TO RECEIVE DISCOUNT):

#280016B5 \$250 residents/\$260 non residents

*Early and Late pick up charges the same as above per session

FACILITATOR: Colchester Recreation Staff

LOCATION: Malletts Bay School, Gym, Cafeteria & Outside

FEE: \$135 residents/\$140 non residents

\$130 residents if you register before January 11

SOCCER CAMP

Ages 4 - 14

Don't waste your week off in front of the TV or computer! Come out and get some exercise, have some fun and play soccer. Players will be separated by age and ability. Vermont Premier Soccer will ensure that every child has an outstanding experience! Weather dependent we will be playing outdoors, but please make sure to bring a change of clothes and indoor sneakers in case it rains. All players must bring snacks and water. If you are in session A please also pack a lunch. Minimum: 10.

Session A: Full Day Camp (Ages 7 - 14)

#283000A	Mon - Fri	9:00 a.m. - 3:00 p.m.	Apr. 22 - 26
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Session B: Half Day Camp (Ages 4 - 6)

#283000B	Mon - Fri	9:00 a.m. - 12:00 p.m.	Apr. 22 - 26
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INSTRUCTOR: Vermont Premier Soccer

LOCATION: Colchester Middle School, Outdoor Fields
Rain Location: Colchester Middle School, Gym

FEE: Full Day Camp: \$195 residents/\$200 non residents
\$190 residents if you register before January 11

Half Day Camp: \$115 residents/\$120 non residents
\$110 residents if you register before January 11

NORTHERN LIGHTS ROCK'N ROPES VACATION CAMP

Ages 8 - 15

Northern Lights Rock & Ice Rock'n Ropes Vacation Camp focuses on "Challenge by choice" adventure fun. Campers build confidence and self respect while learning the importance of team work, getting along and respecting others. Our 5 day camp is filled with low, mid and high challenge courses, leap and giant swing elements, climbing, games and initiatives, learning map and compass, geocaching hikes and ziplines all at our state of the art facility. Campers build communication skills, trust and lasting memories while challenging themselves to extend their normal comfort zones. Our camps will include swimming at the Essex indoor pool and a cookout for campers on Friday.

Minimum: 6, Maximum: 16.

Session A: February Vacation Camp

#286005A	Mon - Fri	9:00 a.m. - 4:00 p.m.	Feb. 25 - Mar. 1
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Session B: April Vacation Camp

#286005B	Mon - Fri	9:00 a.m. - 4:00 p.m.	Apr. 22 - 26
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INSTRUCTOR: Northern Lights Rock & Ice Staff

LOCATION: Northern Lights Rock & Ice,
14 Freeman Woods Rd, Essex Jct.

FEE: \$285 residents/\$290 non residents

\$280 residents if you register before January 11

BASEBALL CLINIC

Ages 7 - 12



Some of Colchester's finest baseball staff will introduce the skills and FUN-damentals of the game of baseball. Players will develop new or improve existing throwing, hitting and other baseball skills. Open to all levels. All players must bring their own glove, water bottle, sneakers and snack. Minimum: 5, Maximum: 25.

#288006A	Tues & Thurs	1:00 - 3:00 p.m.	Feb. 26 & 28
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INSTRUCTOR: Jim Olson, CMS Baseball Coach

LOCATION: Colchester Middle School, Gym

FEE: \$25 residents/\$30 non residents

\$20 residents if you register before January 11

TENNIS CLINIC

Ages 5 - 12

This clinic is designed for beginners and intermediate players. Your child will learn basic skills and techniques through drills and games. Our staff will make sure your child is using the appropriate size racquet. Loaner racquets are available. Minimum: 5, Maximum: 12.

#203000B	Weds & Fri	1:00 - 3:00 p.m.	Feb. 27 & Mar. 1
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INSTRUCTOR: Jim Olson, Colchester Parks & Recreation Staff

LOCATION: Colchester Middle School, Gym

FEE: \$25 residents/\$30 non residents

\$20 residents if you register before January 11



Safety & Family



BOATER SAFETY

Ages 13+

Vermont State Law requires that individuals born after January 1, 1974 need to attend a boating safety course prior to operating a motor boat in Vermont waters. Topics covered include boating

safety equipment, emergency procedures, basic navigation and Vermont boating laws. This class is appropriate for all new boaters, youth and adult. You must attend all 4 classes to receive your certificate. Minimum: 20, Maximum: 25.

Session A:

#240001A Tuesdays 6:00 - 8:30 p.m. Mar. 5 - 26

Session B:

#240001B Wednesdays 6:00 - 8:30 p.m. Apr. 3 - 24

INSTRUCTOR: Colchester Police Department

LOCATION: Colchester Police Dept, Community Room

FEE: \$15 residents/\$20 non residents

\$10 residents if you register before January 11

BABYSITTING TRAINING COURSE

Ages 10 - 15



The Safe Sitter program includes instruction in babysitting skills and techniques that include: care of choking infant/child, infant & child CPR, injury prevention and management, safety for the sitter, child care essentials, behavior management and babysitting

as a business. Each participant must pass a written and practical exam. Participants must bring a lunch, snack and drinks. Minimum: 10, Maximum: 16.

#280003A Monday 9:00 a.m. - 3:00 p.m. March 4

INSTRUCTOR: Safe Sitter Certified Instructors

LOCATION: Colchester Senior Center, Bayside Park

FEE: \$65 residents/\$70 non residents

\$60 residents if you register before January 11

HEARTSAVER CPR & AED

Ages 16+

This course includes the American Heart Association Curriculum for the adult, child and infant CPR and FBAO (foreign body airway obstruction) modules. **THIS COURSE IS NOT A RECERTIFICATION COURSE!** American Heart Association CPR is valid for 2 years. Textbook is included. Minimum: 4, Maximum: 10.

#240000A Monday 6:00 - 9:00 p.m. May 6

INSTRUCTOR: CCVFC, AHA CPR Instructor

LOCATION: Colchester Center Vol. Fire Co., 483 Main Street

FEE: \$55 residents/\$60 non residents

\$50 residents if you register before January 11

AHA BASIC LIFE SUPPORT FOR HEALTHCARE PROVIDERS RECERTIFICATION CLASS



Ages 16+

The Basic Life Support (BLS) for Healthcare Providers Classroom Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. Key changes in basic life support, reflecting the new science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. This is an introduction to the compression/ventilation rate and ratio for a patient who has an advanced airway in place. AHA BLS CPR is valid for 2 years. Minimum: 4, Maximum: 10.

#240000B Monday 6:00 - 9:00 p.m. May 20

INSTRUCTOR: Colchester Center Volunteer Fire Company,
AHA CPR Instructor

LOCATION: Colchester Center Vol. Fire Co., 483 Main Street

FEE: \$55 residents/\$60 non residents

\$50 residents if you register before January 11

COLCHESTER FAMILY SWIM

All Ages (COLCHESTER RESIDENTS ONLY)



The Sports & Fitness Edge of Essex and Colchester Parks & Recreation have designated specific days and times for open swim and the water slide for Colchester residents to wash away their winter blues. Use of the pool is free for Edge members. Lifeguards will be on duty. All children must be accompanied by an adult. All participants must pre-register,

including parents. Walk-ins are NOT allowed. Maximum: 30.

Session A:

#230202A Sunday 6:00 - 8:00 p.m. January 20

Session B:

#230202B Sunday 6:00 - 8:00 p.m. February 17

Session C:

#230202C Sunday 6:00 - 8:00 p.m. March 17

Session D:

#230202D Sunday 6:00 - 8:00 p.m. April 21

LOCATION: Sports & Fitness Edge, 4 Gauthier Dr., Essex

FEE: \$6 residents per person

\$5 residents if you register before January 11

Family Programs

FAMILY SKATE NIGHT

All Ages (COLCHESTER RESIDENTS ONLY)

It's time to dust off your ice skates and grab your kids for a little family fun. The Colchester Parks & Recreation Department has reserved ice time at Leddy Arena for Colchester families. The minimum number of participants must be met two weeks prior to the program start date. Skate rentals are available at the rink for \$3.00. Minimum: 20, Maximum: 45.

Session A:

#210004A Saturday 5:25 - 6:25 p.m. February 9

Session B:

#210004B Sunday 6:25 - 7:25 p.m. March 10

FACILITATOR: Colchester Parks & Recreation Staff

LOCATION: Leddy Park Ice Rink, North Ave. Burlington

FEE: \$6 residents per person

\$5 residents if you register before January 11

FAMILY SNOWSHOE DINNER

Families

Don't be a bear! Come out of hibernation with your little cubs for a frosty good time at our annual Family Snowshoe Dinner. In between snowshoeing or skiing, warm your paws by the fire and fill your bellies with tasty appetizers, dinner and dessert. Just make sure not to eat Papa Bear's portion! A special thank you to the Parks & Recreation Advisory Board and Malletts Bay Fire Department for assisting with this event. Minimum: 1 Family, Maximum: 6 Families per time slot.

Session A: Adult (Ages 13 & up)

#210005A Friday 6:00 p.m. February 22

Session A1: Child (Ages 12 & under)

#210005A1 Friday 6:00 p.m. February 22

Session B: Adult (Ages 13 & up)

#210005B Friday 6:20 p.m. February 22

Session B1: Child (Ages 12 & under)

#210005B1 Friday 6:20 p.m. February 22

Session C: Adult (Ages 13 & up)

#210005C Friday 6:40 p.m. February 22

Session C1: Child (Ages 12 & under)

#210005C1 Friday 6:40 p.m. February 22

Session D: Adult (Ages 13 & up)

#210005D Friday 7:00 p.m. February 22

Session D1: Child (Ages 12 & under)

#210005D1 Friday 7:00 p.m. February 22

FACILITATOR: Colchester Parks & Recreation Staff, Advisory Board & Malletts Bay Fire Department

LOCATION: Airport Park

FEE: \$12 per adult/\$4 per child (12 & under)

\$10 adult/\$3 child residents if you register before January 11

DADDY/DAUGHTER SKATE

All Ages (Daddy & Daughter)

A night designed for daddy and his little girl. Enjoy an evening of skating, pizza and more. Each daddy and daughter will leave with a picture and a frame they made together. Skate rentals are available at the rink for \$3.00. Minimum: 16, Maximum: 36.



#280023A Saturday 4:15 - 6:15 p.m. March 2

FACILITATOR: Colchester Parks & Recreation Staff

LOCATION: Leddy Park Ice Rink, North Ave. Burlington

FEE: \$10 residents/\$15 non residents per person

Father must register with daughter(s)

\$9 residents if you register before January 11



FAMILY PANORAMA SUGAR EGGS

Families

Looking for an event for your family to enjoy? Come start a new tradition by registering for an old family favorite of Panorama Sugar Egg making. We will provide the instruction and supplies. Families will be able to take their eggs home. Additional Sugar Eggs (small egg) available for \$20.00 each, must request prior to class. Registration Deadline is March 11. Minimum: 5, Maximum: 10 Families.

#280012A Sunday 1:30 - 3:30 p.m. March 17

INSTRUCTOR: Cal King

LOCATION: Colchester Meeting House, Downstairs

FEE: \$37 residents/\$42 non residents

\$32 residents if you register before January 11

*Additional Smaller Egg: \$20 each must be requested before March 11
Use code 280012B when registering for an additional smaller egg.*



SPRING NATURE WALKS

All Ages



All of these walks are casually paced and easy to moderately accessible. Every participant will receive an annotated list of the plant and animal species that we

encounter. Your guide, Laurie DiCesare, author of *A Guide to Colchester's Parks & Natural Areas* (1994), is a naturalist, educator and writer with a specialty in 'Edible, Medicinal and Useful Plants of the Northeast.'

Airport Park/Colchester Bog Boardwalk: The site of the former Champlain Airport, this sand plain developed from an ancient river delta. We'll see both common and unusual wildflowers, flowing shrubs and trees that are adapted to fields and woodlands. We'll also walk the Colchester Bog boardwalk to discover some unusual wetland plants and, hopefully, some local wildlife on this easy walk.

Bayside Park: The fields and woodlands of Bayside Park provide habitat for a great diversity of plant and animal species. We'll see what's blooming (Canada mayflower, huckleberries and trailing arbutus), hopping frogs and flying pileated woodpeckers on this easy walking loop from Lower Bayside to the High School and back.

Rossetti Park: Rossetti Park is part sand plain, part wetland and part beach on the scenic shores of Lake Champlain. On this easy walk, we'll look for False Heather in the fields, smell Mugwort and Sweetfern, and cross the Buttonbush Swamp Bridge to the beach to see a Pepperidge tree.

Sunny Hollow: Sunny Hollow, once a beach that was drained by the waters of an earlier Winooski River, is now a sand plain divided by a series of ravines with Sunderland Brook at its base. Some species of interest: Pitch Pines, Pyrolas, and Low-Bush Blueberries. The initial Plateau Loop around the sand plain and back to the entry road is easily accessible. For those who are willing to traverse some moderately-steep trails, we'll offer an additional loop around the lowlands and back. *Rain Dates will be the next day, Sunday at 1:00 p.m.* Minimum: 4, Maximum: 12.

Session A: Airport Park/Colchester Bog Boardwalk

#250000A Saturday 10:00 a.m. - 12:00 p.m. May 4
Location: Airport Park, 488 Colchester Point Road

Session B: Bayside Park

#250000B Saturday 10:00 a.m. - 12:00 p.m. May 11
Location: Bayside Park, 2 West Lakeshore Drive

Session C: Rossetti Park

#250000C Saturday 10:00 a.m. - 12:00 p.m. May 18
Location: Rossetti Park, Holy Cross Road

Session D: Sunny Hollow

#250000D Saturday 10:00 a.m. - 12:00 p.m. May 25
Location: Sunny Hollow, Hercules Drive

INSTRUCTOR: Laurie DiCesare, Naturalist Educator
FEE: \$15 residents/\$20 non residents per session
\$10 residents if you register before January 11

All Ages

BEGINNER/INTERMEDIATE BALLET

Ages 7+

A traditional ballet class focusing on strengthening, lengthening, centering, balance and focus. This class is perfect for the beginner or intermediate student or that individual who's taken ballet before and it may have been a while ago. Ballet attire required - leotards, tights, pink/white/black ballet slippers, shorts or wrap skirts. Hair pulled back and out of face.

Minimum: 5, Maximum: 10.

Session A: Youth Ballet (Ages 7 - 14)

#271003A Thursdays 6:30 - 7:30 p.m. Jan. 24 - Apr. 11

Session B: Teen/Adult Ballet (Ages 15+)

#271003B Thursdays 6:45 - 7:45 p.m. Jan. 24 - Apr. 11

INSTRUCTOR: Studio 3 Dance & Fitness Instructor

LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza

FEE: \$140 residents/\$145 non residents

\$135 residents if you register before January 11

SPRING PURSE & CLOTHES SWAP

All Ages



Looking for some new pieces to spruce up your spring attire? Look no further! Attend the Spring Purse & Clothes Swap and come home with a whole new wardrobe. Please drop clean items off at the Senior Center the day before on March 15th between the hours of 4 - 6 p.m. so that the items can be sorted for Saturday. For further questions please contact Kelly McGinley at 264-5646.

Saturday 9:00 a.m. - 12:00 p.m. March 16

FACILITATOR: Kelly McGinley, Colchester Parks & Recreation

LOCATION: Colchester Senior Center, Bayside Park

FEE: FREE

FREE FUNCTIONAL MOVEMENT SCREENING & FITNESS ASSESSMENT

All Ages

The RehabGYM proudly now offers the Functional Movement Screen. This screen is the result of years of research and is a part of the Functional Movement System. This system has been designed to find dysfunctional movement patterns and correct them. In any individual, a dysfunctional movement pattern limits its performance. "Put simply, the FMS is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries. These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness." To learn more about the FMS, please visit www.functionalmovement.com. Note: Average appointments will take 15-20 minutes. Call 861-0111 for more information or to schedule an assessment!

INSTRUCTOR: Eric Place or Mike Landsberg

LOCATION: RehabGYM, 905 Roosevelt Highway

FEE: FREE

Adult Programs

BROOMBALL LEAGUE

Ages 18+



This 5 -vs- 5 coed Broomball League is perfect for some good Ol' fashioned winter fun! Sign up a team of 5 or more. Schedule times and days will be provided to the team captains. Games will be played under the lights. Team Captains will be issued a rule book and will keep track of scores and report them to the Parks & Recreation Coordinator for a final tournament to be organized. Brooms are available for purchase for \$20.00. Helmets are required. Balls and nets are provided. You must pre-register for this league. **Registration Deadline: January 22.**

Minimum: 6, Maximum: 12 Teams.

#202500A Tues and/or Thurs 6:00 - 9:00 p.m. Jan. 29 - Feb. 28

COORDINATOR: Kelly McGinley, Parks & Recreation

LOCATION: Airport Park, Outdoor Ice Rink

FEE: \$130 Per Team

\$125 residents if you register before January 11

Broom Purchase: \$20 each must be requested before January 16 use code 202500C when registering for a broom.



ADULT BASKETBALL - WALK-ONS

Ages 18+

Looking for some basketball play without the structure of a league? Play is recreational with a pick-up game format. For individuals out of high school, ages 18 and older. Please bring a white and dark shirt each night. In order to preserve the wood surface in the school gyms, it is requested that players BRING their playing shoes to the gym to prevent tracking in snow, salt and other debris. Thank you! *No basketball on February 28.* Maximum: 25.

Thursdays 7:30 - 9:30 p.m. Jan. 3 - Mar. 21

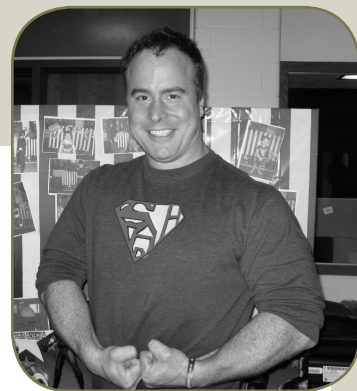
COORDINATOR: Jim Park

LOCATION: Colchester Middle School, Gym

FEE: Walk-ons Only: \$4 per night

PICK-UP VOLLEYBALL

Ages 18+



Join other volleyball players for an extra night of fun and exercise. Games will be played involving team strategy at the Intermediate/Advanced level. Courts may be assigned depending on the number and skill level of participants. *No volleyball on February 27.* Minimum: 12, Maximum: 22.

Wednesdays 7:30 - 9:30 p.m. Jan. 2 - Mar. 20

COORDINATOR:

Pat Spacapan

LOCATION:

Colchester Middle School, Gym

FEE:

Walk-ons: \$4 per night if space allows

In order to preserve the wood surface in the school gyms, it is requested that players BRING their playing shoes to the gym to prevent tracking in snow, salt and other debris. Thank you!

COED VOLLEYBALL - LEVEL II

Ages 18+

Coed Volleyball is for players who use proper technique and team strategy in their play. Players need to be at an intermediate to advanced intermediate level of play. This is not a program for novice players. Times are subject to change. *No volleyball on January 21, February 25, or March 4.* Maximum: 22.

#202000A Mondays 7:30 - 9:30 p.m. Jan. 7 - Mar. 18

COORDINATOR:

Bill Syverson

LOCATION:

Colchester Middle School, Gym

FEE:

\$35 residents/\$40 non residents

Walk-ons: \$4 per night if space allows

ROLL IT OUT AND MOVE IT PILATES

Ages 16+

Learn how the foam roller can challenge your core, improve stability and release tight muscles. Great for athletes of all ages and stages! The instructor will use her physical therapy background to guide you through this intelligent and fun way to exercise! Minimum: 4, Maximum: 12.

#230100B Wednesdays 6:00 - 7:00 a.m. Jan. 9 - Feb. 13

INSTRUCTOR: Mary Grunvald, PT, Owner Empower Pilates

LOCATION: Colchester RehabGYM, 905 Roosevelt Hwy

FEE: \$65 residents/\$70 non residents

\$60 residents if you register before January 11



Adult Programs

USE IT TO LOSE IT CHALLENGE

Ages 18+

Do you have weight to lose? Do you need some help losing it? If so, you NEED to take this class and start the new year off right. Incorporated in this

12 week program are diet coaching, exercise training and various fitness assessments to help highlight your successes within the 12 weeks and beyond. You will also get weekly e-mails with healthy tips and recipes to try. This group class is designed for people who want to lose weight, better their eating habits, improve their lifestyle and win prizes and even cash along the way. The more people that join us the higher the cash prize so bring your friends and family, challenge each other and come LOSE together! Current and former participants have experienced tremendous weight loss through this program and we are confident that you will too! **FEE INCLUDES GROUP TRAINING SESSIONS & 12 WEEK CLUB MEMBERSHIP.**

Minimum: 4, Maximum: 15.

Session A:

#260016A Mon, Weds & Fri 5:30 - 6:30 p.m. Jan. 14 - Apr. 5

Session B:

#260016B Tues & Thurs 7:00 - 8:00 a.m. Jan. 15 - Apr. 4

Session C:

#260016C Tues & Thurs 5:30 - 6:30 p.m. Jan. 15 - Apr. 4

Session A1:

#260016A1 Mon, Weds & Fri 5:30 - 6:30 p.m. Apr. 8 - Jun. 28

Session B1:

#260016B1 Tues & Thurs 7:00 - 8:00 a.m. Apr. 9 - Jun. 27

Session C1:

#260016C1 Tues & Thurs 5:30 - 6:30 p.m. Apr. 9 - Jun. 27

INSTRUCTOR: Eric Place, ATC

LOCATION: Colchester RehabGYM, 905 Roosevelt Hwy

FEE: A & A1: \$255 residents/\$260 non residents per session

\$250 residents if you register before January 11

B, B1, C, C1: \$175 residents/\$180 non residents per session

\$170 residents if you register before January 11

YOGA FOR FITNESS

Ages 18+

Bring your yoga practice to the next level. Develop strength and cardiovascular fitness in this progressive format. All the elements of the basic yoga for fitness yoga postures with the added element of core and balance conditioning. No prior yoga experience required. Mat and water bottle a must!

Minimum: 14, Maximum: 30.

Session A:

#230500A Mondays 5:30 - 6:30 p.m. Jan. 7 - Feb. 11

Session B:

#230500B Mondays 5:30 - 6:30 p.m. Mar. 4 - Apr. 8

INSTRUCTOR: Carol Bennett; ACSM, CPT, Yoga Fit Certified

LOCATION: Colchester Meeting House, Upstairs

FEE: \$50 residents/\$55 non residents

\$45 residents if you register before January 11

YOGA FLOW

Ages 18+

Breath awareness & alignment are encouraged as we flow through a moderately paced class. Enjoy sequencing postures to increase your flexibility, strength and endurance. Each class focuses on breathing, postures and relaxation. All classes are held in a private, clean and comfortable studio within our state-of-the-art facility. Minimum: 4, Maximum: 14.

Session A:

#270001A Wednesdays 5:30 - 6:45 p.m. Jan. 16 - Feb. 13

Session B:

#270001B Wednesdays 5:30 - 6:45 p.m. Feb. 20 - Mar. 20

Session C:

#270001C Wednesdays 5:30 - 6:45 p.m. Mar. 27 - Apr. 24

Session D:

#270001D Wednesdays 5:30 - 6:45 p.m. May 1 - 29

INSTRUCTOR: Cat Earisman, Yoga Instructor

LOCATION: RehabGYM, 905 Roosevelt Highway

FEE: \$65 residents/\$70 non residents

\$60 residents if you register before January 11

P90X TRAINING & P90X AB TRAINING

Ages 16+

P90X Training: Are you ready for the P90X challenge? As seen on TV but we're bringing it to Colchester Health & Fitness. This 15 class program combines cardio, yoga, stretching, strength training and plyometrics. The program offers workouts at different intensity levels, so people can work at different levels if they so choose. The program also includes nutritional support and guidance to get you in the best shape of your life! The only thing you need to bring is commitment! Limited space so sign up today!

P90X Ab Training: Need a little work in the mid section? Want hard core abs? Try this killer ab class that will tighten and tone to give you those 6 pack abs you've been looking for. This class isn't that long but very effective. You'll love the results!

Minimum: 5, Maximum: 15.

P90X Training:

#110006A Mon, Wed, Fri 5:30 - 6:30 a.m. Jan. 7 - Feb. 8

P90X Ab Training:

#230109A Thursdays 6:45 - 7:15 p.m. Jan. 17 - Feb. 21

INSTRUCTOR: P90X Certified Instructors

LOCATION: Colchester Health & Fitness, Prim Road

FEE: P90X Training: \$230 residents/\$235 non residents

\$225 residents if you register before January 11

P90X ABS: \$40 residents/\$45 non residents

\$35 residents if you register before January 11

Adult Programs

FLOW YOGA WITH COLCHESTER HEALTH & FITNESS

Ages 16+

Flow Yoga is a dynamic style of yoga in which a steady rhythm of practice is found through synchronizing breath and body movement. The traditional principles of yoga are: body alignment, breathing, mental focus and the sequencing of traditional poses. These principles are all connected together to help increase strength, flexibility and develop a steadiness of mind to awaken the senses. Minimum: 4, Maximum: 10.

#230110A Mondays 6:45 - 7:45 p.m. Jan. 14 - Feb. 11

INSTRUCTOR: Jaycie Puttlitz, Registered Yoga Teacher
LOCATION: Colchester Health & Fitness, Prim Road
FEE: \$80 residents/\$85 non residents
\$75 residents if you register before January 11

FLIRTY GIRL FITNESS

Females Ages 16+

Imagine a slender body without having to do another boring, tedious workout again. Flirty Girl Fitness is the hot, new body makeover that teaches you dance moves from music videos that you can use when you go out dancing in the clubs. It's fun, effective and fat burning. A workout without feeling like a workout. Dance weight off! Minimum: 5, Maximum: 10.

#230107A Thursdays 6:30 - 7:15 p.m. Jan. 17 - Feb. 21

INSTRUCTOR: Colchester Health & Fitness Instructor
LOCATION: Colchester Health & Fitness, Prim Road
FEE: \$65 residents/\$70 non residents
\$60 residents if you register before January 11

GOLF CONDITIONING PROGRAM

Ages 18+



Winter is the best time to get yourself ready for golf. Sign up for the Golf Conditioning program with the RehabGYM. The program consists of a physical screening by our Titleist Performance Institute Certified Trainer (which is to be performed prior to the class beginning), an individual corrective exercise program, a 6 week membership to the RehabGYM for the duration of the program, a 1 day per week group workout that targets the muscles specific to golf so you can hit the ball longer and more consistently. Minimum: 4, Maximum: 10.

Session A:

#260014A Wednesdays 6:30 - 7:30 a.m. Jan. 16 - Feb. 20

Session B:

#260014B Wednesdays 6:30 - 7:30 a.m. Feb. 27 - Apr. 3

Session C:

#260014C Wednesdays 6:30 - 7:30 a.m. Apr. 10 - May 15

INSTRUCTOR: Michael Landsberg, ATC, CSCS, TPI Certified
LOCATION: RehabGYM, 905 Roosevelt Highway
FEE: \$255 residents/\$260 non residents
\$250 residents if you register before January 11

ZUMBA GOLD® 10 CLASS PASS

Ages 18+

Ready to ditch the workout and party? This lower impact of traditional ZUMBA® is great for all you baby boomers, those not sure where to start to get you fitness moving, or those who just love to dance and have fun! Come shake it to Latin infused, world beat, and current tunes – you won't even feel like you've been working out! *You can use the 10 classes any time you want after January 18, there is no expiration date!*

#260012A Fridays 4:30 - 5:15 p.m. Begins Jan. 18

INSTRUCTOR: Studio 3 Dance & Fitness Instructor
LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza
FEE: \$60 residents/\$65 non residents
\$55 residents if you register before January 11



TAP DANCING 101

Ages 18+

Loved Ginger Rogers? Fred Astaire? Shirley Temple? Savion Glover? Then you'll love this tap class! This is a traditional tap class for adults that have never tapped before, have tapped years ago, or those that have had minimum tap experience. If you've always wanted to tap but didn't know where to start – this is the class for you! We will learn shading, combinations, traditional steps and so much more! Black tap shoes are needed. Attire is comfortable and casual. *Class will not meet on April 6.* Minimum: 4, Maximum: 15.

#260013A Saturdays 10:00 - 10:45 a.m. Jan. 19 - Apr. 13

INSTRUCTOR: Studio 3 Dance & Fitness Instructor
LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza
FEE: \$140 residents/\$145 non residents
\$135 residents if you register before January 11





WHEEL THROWING POTTERY CLASS



Ages 18+

This 8 week class is an introduction to clay, pottery and the ceramics studio. Students will work primarily on the potter's wheel, learning basic throwing

and forming techniques, while creating functional pieces such as mugs, vases and bowls. Students will also be guided through the various finishing techniques using the studio's house slips and glazes. No previous experience needed! Class includes over 30 hours per week of open studio time to practice! You can purchase clay at the studio or through the Parks & Recreation Department for \$20 for a 25 pound bag. You will need 2 bags. *Class will not meet on April 26.* Minimum: 5, Maximum: 12.

#270027A Fridays 9:30 a.m. - 12:00 p.m. March 15 - May 10

INSTRUCTOR: Burlington City Arts Instructor
LOCATION: BCA Clay Studio, 250 Main St, Burlington
FEE: \$280 residents/\$285 non residents
\$275 residents if you register before January 11

Clay Purchase: \$40 for two 25lb bags; must be requested before March 1. Use code 270027B when registering.

CAKE DECORATING WITH FONDANT



Ages 12+

Join Cal King - Baker/Decorator Extraordinaire in learning the secrets to perfect cake decorating! You will learn how to use fondant to create a beautiful cake! When registering, please indicate whether you want a chocolate or vanilla cake to decorate. Register early! You won't want to miss this delicious opportunity! This class is very popular so register early! Minimum: 6, Maximum: 10.



Session A: Chocolate Cake

#260007A Sunday 1:30 -
4:00 p.m. January 27

Session B: Vanilla Cake

#260007B Sunday 1:30 - 4:00 p.m. January 27

INSTRUCTOR: Cal King
LOCATION: Colchester Meeting House, Downstairs
FEE: \$45 residents/\$50 non residents
\$40 residents if you register before January 11

Adult Programs

MAKING SHAKER OVAL BOXES

Ages 18+



Shaker oval boxes were created to store goods and were even sold to support shaker communities. Today, shaker oval boxes are expensive and difficult to find. Take advantage of this great opportunity to learn an antique craft for a fraction of the price! Minimum: 6, Maximum: 10.

#270023A Tuesdays 5:30 - 6:30 p.m. Jan. 29 - Mar. 5

INSTRUCTOR: Bob Buvier, Owner of Wood U Believe
LOCATION: Wood U Believe, 2B Airport Pkwy, So. Burl.
FEE: \$150 residents/\$155 non residents

WRITING AND ILLUSTRATING PICTURE BOOKS

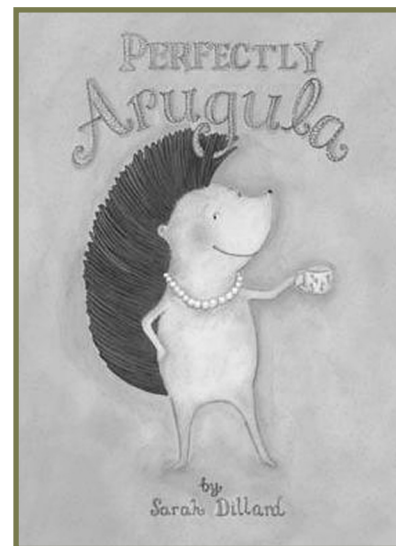


Ages 16+

Have you ever wanted to write and illustrate your own picture book but didn't know where to start? This workshop will begin with an overview of children's books and examine the wide variety of techniques that can be used to illustrate them. Time will be spent discussing the structure of stories and using words and pictures to tell them, as well as developing characters and how illustrations can add drama to a story. The instructor will also talk about the publishing process. Participants should be comfortable drawing and come with story ideas! Minimum: 5, Maximum: 15.

#251000A Tuesdays 3:00 - 5:00 p.m. Apr. 2 - May 7

INSTRUCTOR: Sarah Dillard, Published Author & Illustrator
LOCATION: Colchester Senior Center, Bayside Park
FEE: \$155 residents/\$160 non residents
\$150 residents if you register before January 11



REGISTER EARLY ...TO AVOID DISAPPOINTMENT

Nothing cancels a great program quicker than waiting until the last minute to register.

Adult Programs

FIGHTING CANCER WITH A FORK - A PHARMAFOODIE COOKING CLASS

Ages 18+



In general we know that the relationship between nutrition and health is supreme. "Fighting Cancer with a Fork" is a series that looks at the remarkable resources foods provide the body to create an arsenal of ingredients to build the immune system and to create an internal environment that is favorable to cancer resistance. Whole Health Nutrition is a company of registered dietitians dedicated to helping clients optimize health and well being or find relief from symptoms or conditions through the use of delicious, functional foods. We hope you will join Kimberly Evans, RD, Abby Wadsworth, MS, RD, and Leslie Langevin, MS, RD in discovering delicious ways to nourish health as they demonstrate that good nutrition and great taste can sit on the same plate.

Great Cancer Fighting Grains: Many grains have gotten a bad rap. Buckwheat, Quinoa, Spelt, and Oats are a great addition to a cancer fighting diet. These grains are easy to use and incorporate into your everyday eating. These grains are essential for energy as well as adding anti-inflammatory protection to the body. Their high fiber content supports healthy digestion which helps rid our bodies of the bad stuff.

Go Green For Cancer Fighting: Everything is going green these days however sometimes our plates are just not green enough. Lutein is a cancer fighting phytochemical abundant in green, leafy vegetables such as collard greens, spinach, and kale. Other green cancer fighting foods include avocados, broccoli, and many herbs and spices. This class will focus on creative ways to incorporate more greens into your daily eating that we promise you will enjoy.

Culinary Pharmaceuticals - Cancer fighting herbs and spices: Your kitchen is both the heart of your home and a home to a culinary pharmacy of cancer fighting foods. Herbs, spices, and aromatics contain concentrated cancer fighting compounds which make them essential "food as medicine." Learning to create delicious dishes can be just the inspiration every chef needs. This class will work with big flavor and powerhouse recipes. We hope you join us. Minimum: 8, Maximum: 15 per session.

Session A: Great Cancer Fighting Grains

#270025A Monday 6:00 - 8:00 p.m. January 28

Session B: Go Green For Cancer Fighting

#270025B Monday 6:00 - 8:00 p.m. February 4

Session C: Pharmaceutical - Cancer fighting Herbs & Spices

#270025C Monday 6:00 - 8:00 p.m. February 11

Session D: All 3 Sessions

#270025D Mondays 6:00 - 8:00 p.m. Jan. 28 - Feb. 11

INSTRUCTOR: Kimberly Evans, RD, CD, Wellness Nutritionist
LOCATION: Colchester Senior Center, Bayside Park
FEE: \$50 residents/\$55 non residents per session
 \$45 residents if you register before January 11
 Session D: \$135 residents/\$140 non residents
 \$130 residents if you register before January 11

CHEESE MAKING CLASS WITH MT. MANSFIELD CREAMERY, LLC

Ages 18+



Spend the day learning the secrets of cheese making at Mt. Mansfield Creamery! You will help make a batch of cheese using 80 gallons of milk and be able to sample a wheel of aged cheese. Each participant will bring home their own homemade cheese. If you love having wine and cheese parties, then make sure to bring some extra cash to purchase other handcrafted cheese at wholesale price. Please do not wear perfume or cologne. All participants need to bring a lunch. Minimum: 2, Maximum: 6.

Session A:

#270026A Wednesday 9:00 a.m. - 3:00 p.m. March 6

Session B:

#270026B Wednesday 9:00 a.m. - 3:00 p.m. March 13

Session C:

#270026C Wednesday 9:00 a.m. - 3:00 p.m. April 10

Session D:

#270026D Wednesday 9:00 a.m. - 3:00 p.m. April 17

INSTRUCTOR: Stan Biasini, Mt. Mansfield Creamery

LOCATION: Mt. Mansfield Creamery
 120 Pleasant Street Morrisville, VT

FEE: \$130 residents/\$135 non residents
 \$125 residents if you register before January 11

CULINARY BOOT CAMP

Ages 18+



Italian Cooking: Let your taste buds take you to Italy by enrolling in this Italian Cooking Crash Course. Learn how to cook an appetizer, main course and dessert from a New England Culinary Institute Student. There will be plenty of food for everyone to enjoy. Italian not your thing? Try our Vegan Boot Camp.

Vegan Cooking: You will enjoy a vegan friendly appetizer, main course and dessert. Interested in both classes!? Sign up for both at the same time and receive a discount. Minimum: 6, Maximum: 10 per session.

Session A: Italian Cooking

#270024A Sunday 1:00 - 4:00 p.m. April 7

Session B: Vegan Cooking

#270024B Sunday 1:00 - 4:00 p.m. April 14

Session C: Both Sessions Italian & Vegan Cooking

#270024C Sundays 1:00 - 4:00 p.m. April 7 & 14

INSTRUCTOR: New England Culinary Institute Student

LOCATION: Colchester Senior Center, Bayside Park

FEE: Sessions A & B: \$55 residents/\$60 non residents per session
 \$50 residents if you register before January 11
 Sessions C: \$95 residents/\$100 non residents
 \$90 residents if you register before January 11



Adult Programs

WATERCOLOR

Ages 18+



Have you always wanted to try watercolor painting but have heard it's very difficult or you've painted in the past and were not happy with the results? Then this 6 week class with instructor Ginny Joyner will take you

through the steps you need to know in order to paint enjoyably. **Beginner Watercolor I:** Learn the basics of painting with watercolor in a fun, relaxed, non-judgmental atmosphere! No painting skills required just an interest in learning something new. Classes will focus on how to do washes, mixing colors, layering, wet-on-wet painting and making gradations in color. Paint brushes, paint and paper are provided.

Beginner Watercolor II: A continuation of watercolor I, projects will include painting skies, flowers, landscapes and still life over the course of the class. Open to all who have had some experience with painting watercolor. Bring your own supplies.

Beginner Watercolor III: This class is open to all who have experience painting with watercolor. Projects will include painting from master works, still life and any subjects that are especially interesting to the class. Bring your own supplies. *Class will not meet on February 27.* Minimum: 6, Maximum: 12 per session.

Session A: Beginner Watercolor I

#270028A Wednesdays 9:30 - 11:30 a.m. Jan. 23 - Mar. 6

Session B: Beginner Watercolor II

#270028B Wednesdays 9:30 - 11:30 a.m. Mar. 13 - Apr. 17

Session C: Beginner Watercolor III

#270028C Wednesdays 9:30 - 11:30 a.m. May 1 - Jun. 5

Session D: Sessions A, B & C

#270028D Wednesdays 9:30 - 11:30 a.m. Jan. 23 - Jun. 5

INSTRUCTOR: Ginny Joyner

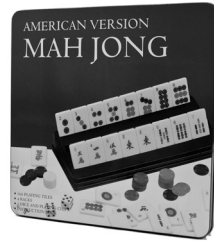
LOCATION: Colchester Senior Center, Bayside Park

FEE: \$90 residents/\$95 non residents per session

Session D: \$250 residents/\$255 non residents

MAH JONG FOR FUN & FLEXIBILITY

Ages 16+



Mah Jong is the ancient Chinese tile game of winds, dragons and number tiles that predates our modern playing cards. This American version of the game includes flowers, 8 to 10 jokers and lots of tile swapping. Mah Jong players enjoy bluffing (table talk is encouraged), learn flexibility (changing strategies as your tiles change) and generally have a lot of fun.

There will be plenty of time for review, practice rounds, questions and camaraderie. If you like card games, you'll love Mah Jong. Minimum: 2, Maximum: 5.

#230350A Wednesdays 6:30 - 9:30 p.m. Jan. 16 - Feb. 6

INSTRUCTOR: Laurie DiCesare, Avid Game Enthusiast

LOCATION: Colchester Senior Center, Bayside Park

FEE: \$33 residents/\$38 non residents

\$28 residents if you register before January 11

BEGINNING CROCHET!

Ages 18+

It's time to get hooked on this creative, do-it-yourself activity! In this beginner level crocheting program you'll learn basic stitching techniques and also get tips on other inventive items that can be made with just a couple of hooks and yarn! We'll provide everything you need, so please be sure to pre-register!

Minimum: 2, Maximum: 5.

#270022A Tuesdays 5:30 - 6:30 p.m. Jan. 29 - Feb. 19

INSTRUCTOR: Kelly McGinley, Colchester Parks & Recreation

LOCATION: Colchester Senior Center, Bayside Park

FEE: \$35 residents/\$40 non residents

\$30 residents if you register before January 11

ADULT KNITTING

Ages 18+

This class will offer the basic and intermediate skills for first time knitters as well as provide intermediate knitters with specific how-to's like buttonholes, turning a heel, finishing, top-down knitting, repairs and help with projects. Christine Heavner is a local instructor with 20+ years experience. All materials will be provided. Minimum: 4, Maximum: 8.

#270006A Mondays 5:30 - 6:30 p.m. Mar. 11 - Apr. 15

INSTRUCTOR: Christine Heavner, The Traveling Knitter

LOCATION: Colchester Senior Center, Bayside Park

FEE: \$80 residents/\$85 non residents

\$75 residents if you register before January 11



Active Generation

DRAWING FOR PEOPLE WHO DON'T THINK THEY CAN DRAW!

Ages 55+

Don't think you can draw? Think again! Learn contour line drawing and gestural drawing using simple techniques and a range of materials including: graphite, charcoal and chalk pastels. Registration cost includes all material you will need. Pre-registration is required. Minimum: 6, Maximum: 10.

Session A:

#250017A Tuesdays 10:00 a.m. - 12:00 p.m. Jan. 22 - Feb. 5

Session B:

#250017B Tuesdays 10:00 a.m. - 12:00 p.m. Feb. 19 - Mar. 5

Session C: Both Sessions A & B

#250017C Tuesdays 10:00 a.m. - 12:00 p.m. Jan. 22 - Mar. 5

INSTRUCTOR: Emily Bond

LOCATION: Colchester Senior Center, Bayside Park

FEE: \$50 residents/\$55 non residents per session
Session C: \$95 residents/\$100 non residents

SKYPE & FACEBOOK FOR SENIORS

Ages 55+

Facebook: Are you new to Facebook, or would you like to learn more about it? Join us for a class on the popular media site and find out how to create an account, connect with your family and friends, and post messages and photos. We'll also talk about privacy issues, and ways to control who can see what.

Skype: In this class, you will learn how to use Skype to video chat with family members. We will go through the process of getting Skype installed, working with a webcam and connecting with your friends and family. There are limited computers, so if you have a laptop, please bring it with you. Pre-registration is required. Minimum: 2, Maximum: 10.

Session A: FACEBOOK FOR BEGINNERS

#250009A Thursday 9:30 - 11:00 a.m. January 31

Session B: SKYPE

#250009B Thursday 9:00 - 11:00 a.m. February 7

INSTRUCTOR: Joshua Muse, Colchester IT Staff

LOCATION: Colchester Senior Center, Bayside Park

FEE: FREE

COUNTER CROSS STITCH

Ages 55+

Come join us and learn how to plot your own design. This class is for novice stitchers who want to learn a new craft. All materials will be provided. Pre-registration is required. Minimum: 6, Maximum: 10.

#220010A Thursdays 9:00 - 10:30 a.m. Feb. 14 - Mar. 7

INSTRUCTOR: Moira Plant, Parks & Recreation Staff

LOCATION: Colchester Senior Center, Bayside Park

FEE: \$15 residents/\$20 non residents

DANCERCISE - LINE DANCING

Ages 55+

Moving to music, low impact aerobics and fun exercise is what you will get when you are in this class.

Also you will use another muscle, the brain. This is a great class with easy movements for everyone to enjoy. Pre-registration required. Class will not meet on February 7, March 7 or April 4. Minimum: 4, Maximum: 15.

Session A:

#220013A Thursdays 11:00 a.m. - 12:00 p.m. Jan. 17 - Feb. 28

Session B:

#220013B Thursdays 11:00 a.m. - 12:00 p.m. Mar. 7 - Apr. 25

INSTRUCTOR: Hattie Saville

LOCATION: Colchester Meeting House, Upstairs

FEE: \$5 residents/\$10 non residents per session

STRENGTH & FLEXIBILITY BY THE EDGE

Ages 55+

These 2 class sessions will focus one week on strength training and one week on flexibility. This class is perfect for helping with arthritis and disease prevention. They can also improve your range of motion, bone health, posture and balance. These classes are for all fitness levels. Minimum: 5, Maximum: 15.

Session A:

#255000A Thursdays 5:30 - 6:30 p.m. Feb. 7 & 14

Session B:

#255000B Thursdays 5:30 - 6:30 p.m. Feb. 21 & 28

Session C:

#255000C Thursdays 5:30 - 6:30 p.m. Mar. 7 & 14

INSTRUCTOR: Brian Rich, Sports & Fitness Edge Trainer

LOCATION: Colchester Senior Center

FEE: \$30 residents/\$35 non residents per session

DIGITAL CAMERA BASICS

Ages 55+

Learn how to capture magical memories with your digital camera. You will learn the basics of photo taking and also learn exceptional effects such as lighting, shadowing and framing shots. Please bring your camera manual. Pre-registration is required. Minimum: 4, Maximum: 8.

#220017A Monday 1:00 - 3:00 p.m. March 4

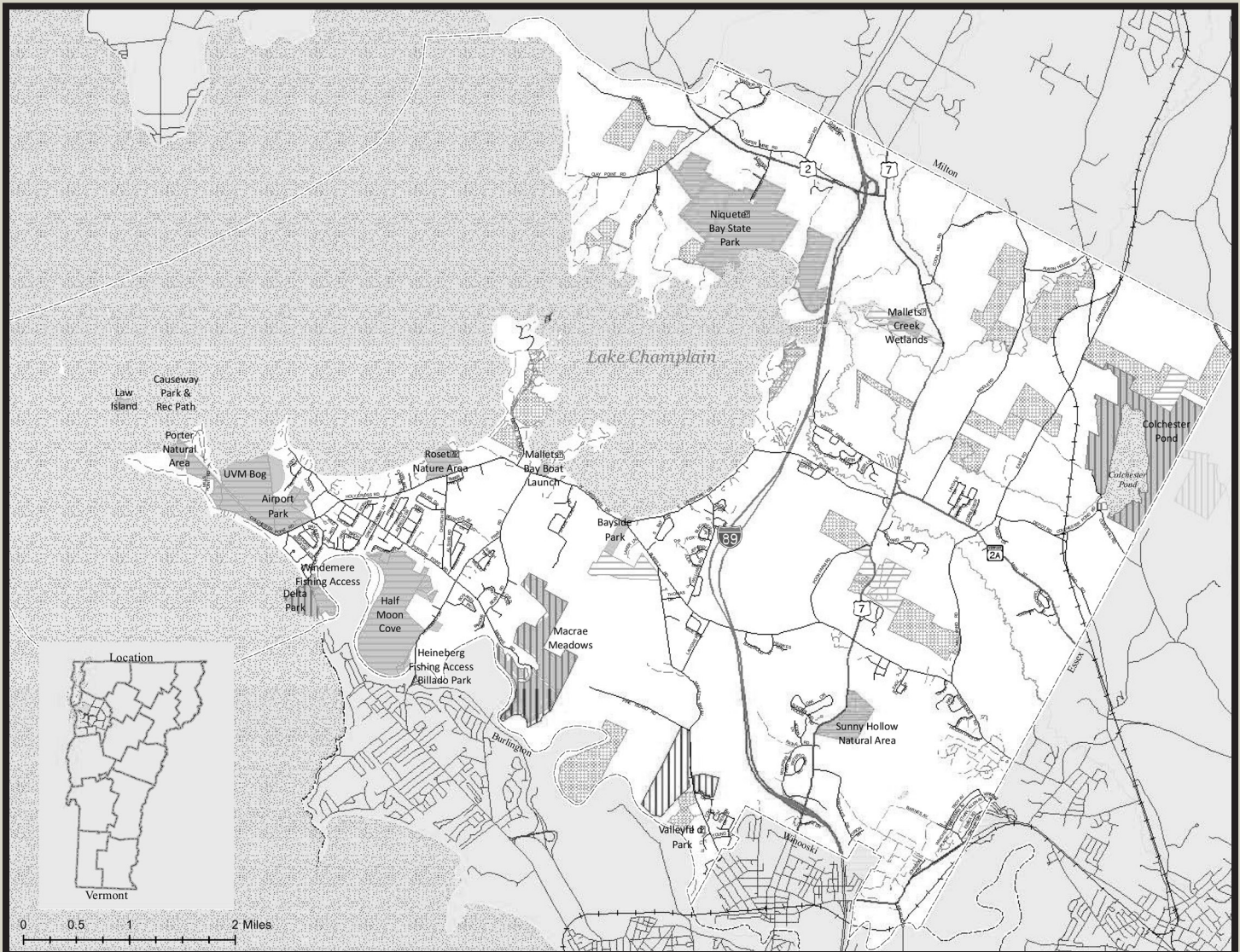
INSTRUCTOR: Kristin Roy, Parks & Recreation Staff

LOCATION: Senior Center, Bayside Park

FEE: \$7 residents/\$12 non residents



Parks Map



AIRPORT PARK: 488 Colchester Pt. Road, 64.5-acres. 1.3 mile jogging/x-country ski trail, parking, restrooms, picnic area, pavilion, playground, 4 ball fields, 2 soccer fields, 2 sand volleyball courts, 6 horseshoe pits, 2 tennis courts, 1 basketball court, and lighted ice skating in the winter.

BAYSIDE PARK: 2 West Lakeshore Drive, 22-acres including parking, restrooms, bathhouse (beachside), picnic area, pavilion, playground, swimming beach, Senior Center, 2 shuffle board courts, 4 tennis courts, 1 basketball court, 2 sand volleyball courts, 1 foot-ball/lacrosse field, 1 lighted softball field, and a skatepark.

BONANZA PARK: Bonanza Drive, .6-acre neighborhood park with limited playground and all-purpose field.

CAUSEWAY PARK & RECREATION PATH: Newly Repaired! Mills Point Road, 4-mile path connects to original Rutland Railroad bed and causeway across the lake (constructed during 1897-1900). Renovated gravel path suitable for walking, biking, and fishing access. Duck hunting allowed (in season). Park at Airport Park or in the Mills Point Road lot.

FORT ETHAN ALLEN PARADE GROUNDS: Dalton Drive, 19-acres, owned mutually with the Town of Essex. Playground, tennis courts, 2 soccer fields, cricket, rugby, gazebo, walking trail.

HEINEBERG ACCESS/BILLADO PARK: Heineberg Drive, 4-acres, Town and State access to Winooski River

HERITAGE PARK: Heritage Drive, 1-acre, parking, limited playground, tennis court, basketball court.

LAW ISLAND: west of Causeway off Colchester Point, 8.5-acres owned by the State of VT and managed by the Town of Colchester. Camping permitted, duck hunting allowed (in season), compost bathroom available.

PORTER NATURAL AREA: Mills Point Road, 56-acre natural area.

ROSSETTI NATURAL AREA: Holy Cross Road, 47-acres of natural area conserving wetland, woods, and sand beach.

SUNNY HOLLOW NATURAL AREA: Hercules Drive, 80-acre diverse area, 3 miles of walking, mountain biking and x-country trails, limited parking.

VALLEYFIELD PARK: Valleyfield Drive, .65-acre neighborhood park with limited playground and all-purpose field.

Registration Form

One form can be used
for all family members
that live in the same
household.

Participant's Last Name: _____ First Name: _____

Parent's Last Name (if participant under 18): _____ First Name: _____

Mailing Address: _____ City/State/Zip: _____

E-Mail: _____ Would you like to receive the monthly E-Newsletter: YES NO

Home Phone: _____ Business Phone: _____ Cell Phone: _____

Emergency Contact (other than parent): _____ Relationship: _____ Telephone: _____

Please list any special needs which will require accommodation for participation: _____

Please list any allergies (food, insect, plant, or medications): _____

PARTICIPANT NAME	SEX M/F	BIRTHDATE M/D/Y	SESSION NUMBER	PROGRAM NAME	CLASS FEE
Total Amount Due:					\$

PAYMENT METHOD (CHECK ONE):

☐ Check (payable to Colchester Parks & Recreation) ☐ Cash ☐ Credit Card (Only Visa and Mastercard Accepted)

☐ Check here if you would like a receipt sent to you Credit Card #: _____ Exp: _____

Winter registrations can be made as soon as you receive this brochure. Participants may continue to register for programs until they are full. We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics. Classes that do not have the minimum number of registrations may be cancelled. Registrants will be notified by mail or phone and will receive a full refund. Refunds will not be given once a class begins, and are available up to 10 business days prior to the start of the program. A \$6.00 administrative fee will be charged when a refund is requested. By participating in the Town of Colchester Recreation programs, participants may be photographed for future publicity or recognition of events. By signing up for the programs you willingly signed a waiver that grants the Colchester Recreation Department permission to use your photograph to promote their programs. Pictures taken in specific programs may be used for up to 10 years. Non residents may register for any program offered, on a space available basis, beginning on January 11.

Town of Colchester Release and Indemnity Agreement

Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the Town of Colchester, Vermont, and to engage in activities for the executive benefit of the undersigned: and Whereas, the Town of Colchester does not wish to be liable for any damages arising from personal injury or property damage sustained thereby:

Now therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for themselves, their heirs, executor, employers, successors or administrators, and personal representatives;

A. Assume full responsibility for any personal injury or any damage to his/her personal property which may occur directly or indirectly in the course of participating in rec. activities B. Fully and forever release and discharge the Town of Colchester, its agents, officials, and employees, from any and all claims, demands, damages, rights or action, or causes of action, present or future, whether the same be known, an anticipated or unanticipated, resulting from or arising out of the above described activity. C. Agree that it is the intent of the undersigned that this release and indemnity agreement shall be in full force & effect any time after the execution hereof.

Name of Participant: _____

Signature (of parent or guardian under 18): _____

Date of Signature: _____



COLCHESTER PARKS & RECREATION DEPARTMENT
P.O. BOX 55
781 BLAKELY ROAD
COLCHESTER, VT 05446

PRSRT STD
U.S. Postage
PAID
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Burlington, VT 05401

ECRWSS
CARRIER ROUTE PRESORT
RESIDENTIAL CUSTOMER

FOUR SIMPLE WAYS TO REGISTER...



ONLINE

Log onto
www.colchestervt.gov/Recreation/parksNRec.shtml and register for classes! Visa or MasterCard and family sign in/password will be needed



FAX IN

(802)264-5647

Complete the registration form including your credit card number and expiration date on the form. Incomplete forms will not be processed.



MAIL IN

Completed registration form with payment to:
Colchester Parks & Recreation
PO Box 55
Colchester, VT 05446



DROP BY THE OFFICE

Monday - Friday
8:00 a.m. - 4:00 p.m.
781 Blakely Road
Second Floor

SPECIAL NOTES

Register Early! Don't run the risk of having your favorite program fill or be cancelled due to low enrollment!

RESIDENT REGISTRATION

Begins as soon as you receive this brochure!
Notice if you register early you receive a discount! To receive discount registration form and payment must be in recreation dept hand by cut off discount day.



*Scan this code with
your Smartphone to
be brought directly
to our website.*